

How to Build the Skill of RECOGNIZING SKILLS (student)

Background Knowledge:

The better you are at identifying skills, the better you will be at improving your behaviors. With better behaviors, you have a better chance of fulfilling your God-given calling.

Building this skill will allow you to remove negative behaviors such as:

- Afraid to self-reflect
- You have a hard time identifying behaviors you need to work on
- Unaware of what you do well or what you do poorly

Building this skill will allow you to implement or improve positive behaviors such as:

- You do a great job of identifying behaviors you need to work on
- Self-aware about what you do well and what you do poorly
- You self-reflect with confidence

Relevant Definitions:

Skill = Any human behavior that can be improved over time.

Behavior = An action you engage in. Internally, externally, and with other people

The System for Recognizing Skills:

1. Reflect on a scenario or prepare for a scenario
2. Identify what behaviors made this scenario good or bad?
3. Write down the identified behaviors.
4. Write down the skill that corresponds to improving that behavior
5. Repeat

The Mechanics or Recognizing Skills

1. How do you/ how to reflect?
 - a. Write it down
 - b. Verbalize
2. How do you identify behaviors?
 - a. What did I say, do, or think towards God?
 - b. What did I say, do, or think to myself?
 - c. What did I say, do, or think towards others?
 - d. It's not just about what you are bad at; it's also about what you are good at and what you can improve.
3. Write down the identified behaviors (Self-explanatory)
4. How do I know which skill corresponds to a behavior?
 - a. If you can identify the core theme of the behavior, that will generally tell you what skill you need to build. For example, If you are early to a meeting for work, being early is the behavior, and time management is the skill. The core theme of being early is how a person views time.
5. Repeat

Practicing the Skill of RECOGNIZING SKILLS

REP #1

Scenario #1

Running to the grocery store, you have a huge list of items that you need to get. You have dinner guests coming over tonight, and you want to be a great host. You nearly hit a little old lady crossing the street because you are in a hurry, but you wave and say that you are sorry and you didn't mean to scare her. Once you get to the store, you remember that you have a budget of \$100, and you go in with confidence that you will stick to it. As you are in the store, you notice the Kit Kat bars in line, and you just can't resist, so you grab three packs and add them to your total. Your total bill comes out to be \$135. It bothers you that you missed your target, but you rationalize the bill by saying, "well, as long as I'm a good host, the cost will be worth it."

What behaviors do you identify?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____

What skills are associated with these behaviors?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____

REP #2

Scenario #2

It's 6:00 am, and you jump up out of your bed! You realize that you have a huge meeting today, and you needed to wake up at 5:30 am to prepare for the meeting. You rush out of your bed and throw your clothes on as fast as you can. You still find time to get a big bowl of cereal because that is like your morning coffee; the day just isn't the same without it. You normally take some time to read your bible and pray in the morning, but because you are late, you just listen to some worship music while you get ready. You rehearse everything you want to say for your 7:00 am meeting on your way to work. You get to the office feeling nervous and unprepared, but you give it your best shot.

What behaviors do you identify?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____

What skills are associated with these behaviors?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____

REP #3

Scenario #3

You are consistently late to church on Sunday morning, but you want to start getting there on time. To correct the behavior of being late, you review your Sunday morning routine.

1. You set your alarm two hours before church.
2. You lay in bed an extra 30 minutes looking at social media
3. You fix breakfast
4. You watch T.V.
5. You take a shower and get your clothes ready
6. You never factor in traffic

What behaviors do you identify?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____

What skills are associated with these behaviors?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____

REP #4

Describe the best 15 minutes of your week. What behaviors did you notice? What skills are associated with these behaviors?

Behavior	Skill

REP #5

Describe the worst 15 minutes of your week to someone. What behaviors did you notice? What skills are associated with these behaviors?

Behavior	Skill

REP #6

Anticipate the most important 15 minutes of your upcoming week. What behaviors will you need to do well in order to make these 15 minutes count? What skills correspond to these behaviors?

Behavior	Skill